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on Sleep
&
Dreams -43

IV. We come now to inquire into the cause of Dreams and of certain anomalous phenomena which occur in sleep. But before we enter upon this subject it will be proper to inquire whether Dreams are necessarily connected with sleep, or in other words whether we dream always? —— This is an important question, as it leads to a decision upon another question equally interesting, and that is whether the Soul sleeps always. Even the most carefull examination I have been able to give the subject I am disposed to believe that Dreams are not necessarily connected with sleep. It is contrary to the common belief that labouring people dream

v who ~~Subsist on~~ live wholly upon
Vegetables never Dream.

Some
but seldom, and that ~~many~~ people
^
pass their whole lives without dreaming.
Plutarch says Cleon never dreamed.
I know an instance of woman in this
city of 30 years of age who upon me she
did not know what a Dream was. The
famous pedestrian traveller M^r Stewart
informed me that he never dreamed
while he lived wholly upon Vegitable
food. Theodotus says the a nation called Atlantes
M^r Locke mentions an instance
of a young man who never Dreamed
Until a After an Attack of fever which
was I think in the 26^th year of his
age. From this, and many similar
facts M^r Locke infers that the soul sleeps
with the body when we do not Dream..
"For to what purpose says he should we

spend whole nights in thinking, and
derive no Advantage from our thoughts?"
As an Objection ~~to this~~ to this, it may be said, that
Children lose all the thoughts of the first
three years of their lives, and that so many
people derive so little Advantage from their
making thoughts, that they might as well
be wasted in sleep as in a waking
state. In answer to the first Objection,
I shall remark, that I do not admit
that Children waste any thoughts before
they are three years old, for the whole
of the interval between their birth and
their 3rd year is passed, in mere animal
~~fancy~~ ecstasy, or in learning a language, that is
the Connection between substances, and

V Dreams were originally, and
necessarily connected with Sleep, I should
be disposed to say with the poet
" How blest are they - who wake no more,
" — not so - if Dreams infest the grave,
for even out often are of disturbing
nature, and sources of misery to us. -

signs or words. The same objection is alike futile, for if men waste their thoughts, it is no fault in the original plan of the Animal Oeconomy, for our wise Creator never made any thing, not even a single thought to be wasted, or spent unprofitably upon any subject. V

I believe we sometimes dream, without a consciousness, or recollection of it the next day. This is ~~occasioned by~~ occasioned by the partial slumbering State of that part of the brain in which the memory is seated, which leaves the exercises of the other faculties ~~of the mind~~ to perish in the mind.

Having rejected the opinion of the necessary existence of dreams in sleep, I proceed to remark that

IVthly come now to inquire into the cause of Dreams, and of Certain Anomalous phenomena which occur in Sleep.

I shall begin this inquiry by re= =marking that Dreams are morbid phenomena in the mind, and that they depend upon imperfect Sleep.

I have supposed the Sleeping point of excitement of the System to be at 20°. When every part of the brain, and nerves is in perfect sleep at this point, and there are no Dreams. The blood and there are no Dreams. motion however still goes on in the brain from the circulation of blood, but it is of that kind that does not produce

V We see something analogous to this
in Voice and Speech. The former depends
upon motions common to all animals,
— the latter upon motions of a specific
kind, peculiar to the human species
and yet performed by the Both are
Organs. one sett of

thought. You will easily understand
and readily admit this opinion when
you recollect ~~that~~ what was said
formerly of there being nerves for com-
-mon sensation, and nerves for com-
-veying those sensations to
the brain which are the cause of
perception, attached to all the senses.
~~That is the~~ We will call the common
motions of the brain which take place
in profound sleep mechanical, and those
which produce thought Whether in the
waking state, or in the act of Dreaming,
we shall call intellectual or mental
emotions. When the excitement of the whole brain
is at 20, all its motions are mechanical, but
when a part of the brain is elevated above,

or reduced below that point, intellectual, or
mental emotions, will take place in the
parts thus elevated, or ~~Reduced~~ reduced. From various
causes such as an uneasy ~~position~~ position
in bed, too much or too little covering,
too much or too little food in the stomach,
unusually strong tea, or Coffee,
external Viscos, light, smells, tight liga-
=tures about the body, hunger - ~~thirst~~,
accumulated feces, or Urine the quality of
excitement of the brain is destroyed. While
one part remains at 20, other parts are
below, or above it, and whenever this is
the case exercises of the mind will take
place. These exercises will be confined to
the parts of the brain that are elevated, above
or reduced ~~above or~~ below 20, and of
course they will be incoherent, or in

other words a Dream. This Dream is the result of a mental disease depending upon unequal excitement. ~~This~~ I shall here = =after say all bodily diseases depend upon the same cause, and thus I hope establish the Unity of disease whether it be seated in the body or the mind. I shall only add here that During this unequal state of the excitement in the brain, the Nerves & muscles often repose in profound Sleep. The inequality of excitement which produces Dreams seems to be seated chiefly in the blood vessels of the brain. They appear to be the most moveable part of the brain, and on their motions thought seems chiefly to depend. —

The greater the portion of the brain that is at 20 in Sleep, the [illegible] incoherent will be our Dreams, and vice versa.

They differ in their nature according to the nature of
faculty ~~is awake, or~~ that is - ~~asleep~~ at the
the sleeping point. Thus let us suppose the
seat of the memory in the brain to be ~~at~~ about 20°:-
or in a state of partial sleep, and the imagination &
understanding to be awake, ~~or that is above or~~ that is above or
below 20° we shall dream of being departed
friends, and of conversing with them without
recollecting that they are dead, although we
have attended their funerals, & perhaps wept
over their graves for months afterwards. The
memory in this case is only partially asleep,
hence we remember the person of our
friends, but forget the events of their death.
2dly Let us suppose that part of the brain in
which the Understanding is seated to be at 20,
or in a state of profound sleep, and the other
faculties of the mind to be awake, that is

above or below 20, we shall dream of the most absurd things without being conscious of it - such as being in the fire without being burnt - flying in the air, without fat=ing, and of possessing crowns and thrones without being born to inherit, them or without ~~or~~ possessing Ambition to and fond to ac=quire them by usurpation.

3 Let us suppose those parts of the brain in which the moral faculties are seated to be at 20, or in a state of profound Sleep, & the seats of the other faculties to be above or below 20, or awake; we shall Dream of doing or saying things ~~and~~ of an im=moral nature at which we should shudder in a state of complete and Universal wakefulness. Hence people are often much disturbed at such Dreams,

but there is no more immorality in them, than there is in striking a friend in the Delirium of a fever or walking in our sleep. we do not call a man's understanding in question who Dreams of being a dog or a horse — as little should we call ~~his~~ the morality of a man in question who Dreams only of violating any of the Divine Commandments. —

4 Our taste is perverted from the same causes which have been assigned for the ~~disorders~~ Derangement of the other faculties of the mind, hence we sometimes dream of seeing our friends in the most grotesque dresses without being surprised, or offended at this impropriety or deformity.

V To this remark I grant there are
some exceptions in which the wakings
faculties perform their offices with
their usual regularity & correctness.
I shall take notice of those exceptions
hereafter. They occur chiefly in Som-
-nambulism.

I wish you to understand that I suppose the emotions which take place in those parts of the brain which are above or below the sleeping point, to be of an irregular ~~kind~~ or morbid nature, & hence arises the incoherency of Dreams, the imperfection or of the exercises of those faculties of the mind which are not in a state of sleep. They resemble the ideas of persons in the deliriums of a fever. They may be called delirious thoughts, while Deli=rium may be called ~~Delirious~~ Dreaming words. In short - Dreams may be con=sidered as a low grade of delirium, and delirium as a high grade of dreaming. V -

I think I have observed the Dreams which take place when there is reason

Traces of this being real and
natural. They all relate to sensible
Objects, and ~~most~~ particularly to the
Objects of Vision by which Sense the
greatest number of our ideas are
acquired

to believe ~~the~~ any part of the
book to be below 20, to be of a more
disturbing nature than when they are
above it.

From the incoherency of Dreams
we derive a strong argument in favour
of the divine origin of those Dreams which
are recorded in the old and new testaments
They are all incoherent, and this incon-
-sistency renders intelligible, without a Subs-
-sequent explanation by the same Divine
influence which dictated them. Had
they been intended to deceive, they would
have been connected, and would not
required a supernatural power to in-
-terpret them. But they ~~are~~ ~~other~~
~~that~~ It is remarkable the

In this respect the Dreams worded in
the old & new testament carry another
mark of authenticity. They all consist
chiefly of visible ideas, or of ideas
derived from the sense of sight.

transactions of Dreams consist chiefly of visible ideas. The reason of this is obvious. We derive more of our ideas from our eyes than from any other of our senses, and perhaps from all of them, when we exclude the sense of hearing. We see a great deal more in a short time in a Dream than we are capable of doing in a waking state. In ~~We~~ However ~~frequent~~ frequent, and extensive our Dreams may be, we never ~~dream~~ dream of any thing the raw materials of which did not pass through our senses & preexist in our minds. The saying of the Schoolmen therefore is true in every State in which the mind is capable of acting " Nihil est in intellectu quod

was pines fruit in Lemon." –

What
Lemon has been said of the partial
excitement ~~of the~~ or waking state of one
Of the
~~of the~~ faculties of the mind that is
the memory, we may explain the reason
why we are able to wake at any hour
we please. This is most observable when
we are about setting off on a journey at an
earlier hour than our usual One of rising.
– It is owing ~~to~~ to the memory being kept
from falling asleep by the strong desire
to wake at the wished for hour. Thus learn
likewise from the history of Dreams that
has been given, the cause why
some persons compose poems, and
even reason correctly in their sleep. The
Understanding and memory are both

~~Awake in those cases, and that out with~~
~~unusual vigor. When Verses are com-~~
~~-posed the memory is awake only for~~
~~words.~~—

It is remarkable that the images
of things which are presented to the mind in a dream
are of a more vivid nature than they
are in the Waking State. This is occasioned
by the abstraction of impressions from all
the external senses, and ~~of~~ by the suspen-
-sion of mental excitement in a part
of the brain, by which means more
sensorial power is concentrated in that
part of the brain upon which those
images are excited.

It is equally remarkable that
the faculties act with more vigor in some instances
sleeping than in the waking State. This vigor
partakes of the strength, but not of the

V

I Recollect the fact I mentioned formerly
of a gentleman in this city recollecting
in a Dream that he had taken a dose
of Laudanum five & twenty years before,
although he declared the night before
he took it that he had never tasted it.

irregularity of disease. I shall illustrate it in two or three of the faculties & Operations of the mind.

1 The memory is sometimes so much more excited in a Dream than it is in the waking state, that ideas that have appa=rently perished from the Mind, are revived in the Dream. I sailed from this city in the month of August 1766 for Edinburgh by the way of Liverpool. My brother, and a fellow graduate at the Jersey College Wm Ivon Smith accompanied me to the Wharf where I embarked. In the Summer of 1802 I Dreamd that I embarked at the same Wharf in order to go to Edinburgh for the purpose of prosecuting the study of medicine. The

persons of my brothers and Clapmates
appeared to me on the same Spot on
which I bid them farewell in the
year 1766. Had I been asked the night
before whether Any Other person accom-
-panied me to the Wharf besides my
brother, I should have said, no. The
morning after my Dream I ~~would~~
was confident ~~satisfied~~ that my friend Mr
Smith was one of our Company,
but to be more certain of it I called
at his Door a few days afterwards &
was assured by him that he perfectly
recollected that this was the case.

But further under this head, ideas
are revived in a Dream which are
not recognized, or recollected afterwards.

A Widow in the State of New Jersey was
sued for a debt of £500 contracted by
her husband. She believed it had been
paid, but had no proof of it. She
dreamed at this time that her
husband appeared to her, & directed
her to look into a certain drawer &
that she would there find a receipt
for the money. She ascribed this discovery
to a supernatural influence, but there
is little doubt she had been told by
her husband in his life time where
he had lodged the receipt, and that
the remembrance of it was excited by
the more than common action of the
on her memory in a her Dream. See!

Lere Gentlemen Lows ~~Physiology~~ the
Scimce of the mind as a branch of
Physiology, cosnets Superstition { In
ejecting this case from the list of
... l.t it not be supposed
...

...
one of them, we admit ... this
in so doing, we reject the Bible, and render
every man a Channel of revel-
-lation to himself; the Absurdity of

That how far ~~these~~ Dreams are to be regarded
as supernatural in modern times, it is
now my business to determine. There
are different Opinions upon this subject,
and much has been said in favor of
them: I shall not decide upon either of them.

Some Gentlemen Love ~~Theology~~ the
Science of the mind as a branch of
Physiology, counts Superstition & In-
cjecting this case from the list of
revelations, let it not be supposed
that I ~~am~~ deny the existence of revelations
in Dreams in the ages of the Prophets
and Apostles of the old & new testament.
I admit them equally with the revelations
which were made by Signs, Voices and
personal interviews, but I believe
they all ceased together with the lives
of the Apostles, and that in admitting
one of them, we admit them all, &
in so doing, we reject the Bible, and
render every man a Channel of revel-
-lation to himself; the Absurdity of

9.

of which is two obvious to be exposed.
This Subject will occur again presently.

2 The Understanding is sometimes excited above par in a Dreaming hour we hear or read of the most elevated sentiments, and Speeches conceived, or uttered by persons in this Sleep. Verses have been composed in this State of the mind. The celebrated but unfortunate Miss Robinson saw a deranged man from her window in the Streets of Bristol known by the name of "Mad Jemmy". The night afterwards She took a Dose of Opium, and in the partial excitement of her mind dic= =tated to her daughter that touch= =ing little poem entitled the

V the impulse of the will upon the
~~Sphincter of the~~ bladder though but
feebly stimulated by the Urine, and is
only because the muscles of the bladder
become too rigid by age for the will to
move them, that ~~many~~ old people
do not wet their beds ~~more~~ as often
as Children.

"Insanae". The next Day she had no knowledge or recollection of that elegant performance.

3 The will acts with preternatural force in Dreams - hence ~~Conscientiously~~ through the medium of the passions and appetites;
~~vanity, pride~~ we often wake in acts of resentment, such as kicking and striking our ~~violent~~ supposed Enemies. ~~against injuries, whether~~
Fear, Love and the Domestic Affections likewise exert their natural force in Dreams. Children wet their beds from
4 The sexual appetite acquires strength in a Dream: This is proved by Seminal emissions which take place in Sleep - and which never take place from the base influence of the will in the waking state. 5 The appetite for food is often excited in a Dream

v especially the eyes -

~~in Dreams~~ after a hearty Supper. In this Case it exceeds in its degree the appetite of health, or of the waking State.

Nothing more occurs in the increase of the Strength of the Mind that have been mentioned, than ~~what~~ occurs in the Senses. The Top or quiescence of One of them is always followed by the increase of Strength in the Others;- in like manner the Suspension or Sleep of One or more of the faculties, is followed by greater Vigor in those that are above the ~~Use~~ sleeping point. The Deduction of all impressions upon the Senses in Sleep adds likewise

to the strength of the waking faculties of the mind. ——

It is from the strength, and oc-
-casional Correctness of Dreams that they are sometimes mistaken for realities. Dr Currie in his medical reports relates a case of this kind in One of his patients, who was so confi-
-Dent of the reality of one of his Dreams that the Doctor did not contradict him lest he should offend him. Some people I believe have lost their characters for Veracity by relating things as facts and within their own knowledge, that only passed through their minds in the form of a Vivid and Connected Dream.

However strange it may appear, it

V Let the Lady who is wanted beware,
therefore
" of the Gentleman who professed to be
in love with her, and as a proof of it
letts her, he dreams of her every night.
He is a deceiver let him be who he will,
for he violates in this Declaration a
fixed Law in the Oeconomy of the mind.

a curious fact that we seldom Dream of
persons who are most dear to us. Lovers
Dream of each Other only in the beginning,
or in the Declining State of their love for
each Other. The late Mr Rittenhouse in-
formed me that he was seven years
under the influence of an ardent affection
for a Lady, and that During all that time
he never Once Dreamed of her. The rea-
son of this, I suppose to be the imagi-
nation and memory are so worn down
by Constantly thinking of the Beloved
Object during the day, that those parts of
the brain in which the memory &
imagination are seated are either exhau
to 20, that is the sleeping point, or
if they are not, they are so completely

V their smiling, starting and crying in their
Sleeps.

exhausted of their excitability than
the ~~idea of the~~ beloved Object has nothing
in the brain to arouse it, or to
produce its idea in the mind. Nor the
same reason friends when seperated cannot
recal the images of each others persons. The
fault here is in the imagination only, for
they distinctly remember every peculiarity of
their persons, are able to describe them
in the most accurate manner.

Dreams are most common in the
decline of life, only because sleep is more
imperfect in old age than at any
time, from the weaknesses & diseases which attend it.
They occur more frequently in sickness than
in health, and from the imperfect state of
sleep. Young Children dream. This is inferred from
the Certainty of Dreaming depends much
upon the action of certain stimuli upon

~~full bowl~~ ~~bladder~~ ~~bladder~~
the body, such as ~~a full bladder~~ ~~bladder~~
~~to pass~~ ~~on the urinary position of the~~
~~body~~ were formerly mentioned. The
morning light is perhaps the most fre-
quent cause of them, - hence we Dream
most frequently about day light. Indeed
either external or internal
there is scarcely any stimulus so feeble
that will not produce a Dream in habits
rendered irritable by the common modes of
life among civilized nations.

The Specific nature of Dreams is much
influenced by the nature of the Stimuli
which applied to the body. Hunger produces
Dreams of eating. It was while under the
influence of hunger that the apostle Peter
dreamed of seeing a sheet let down from
heaven with all manner of beasts in it,
and of hearing a command at the same

v Dugal Stewart tells us a story of one of his ~~Lis~~ a friends who plaied a bottle of hot water at his feet when he went to bed, and dreamed ~~Dreamed~~ that he was walking upon mount Etna, and of another who while a blister was drawing with upon his head dreamed that he was scalped by the Indians.

time "to slay and eat"! The cold induced by a change of the weather in the night produced dreams of intense sufferings from it. The thinking of a pin thrust into the back of a pious minister by a mischievous boy made him cry out - Oh now I know what St Paul meant by a thorn in the flesh?! — This connection of Dreams with the stimuli which excite them is further and more forcably illustrated by an anecdote related by Dr Beattie in treating upon this subject. He tells us of a young officer went through all the forms of a duel in consequence of certain ideas excited in his mind by whispering ~~in his ear~~ a challenge in his ear. He awoke at last from the explosion of a pistol which

v the Suit of impressions made upon
the brain which have not completely
worn themselves away before we fall
asleep. & I have known a single word
when strongly impressed upon the
mind, become the principle of association
of a long & interesting Dream.

had been put into his hand, & which he believed he had fired discharged at his antagonist. —

Dreams are ~~likewise~~ further influenced by the Subjects which have previously occupied the mind. Of this there are proofs in the experience of every body. By inquiry we shall find they are more or less related by former associations. They are often Dreams are most connected when we hold conversations in them. For Lan-=guage assists the rapidity & regularity of our thoughts. It is probable I said formerly, the ~~incabi~~ want of Language in Brutes ~~which~~ renders them incapable of grasping such a number of Ideas at once as to enable them to reason.

Persons who talk in their sleeps
seldom remember their Dreams.

They are sometimes revived when
completely forgotten by an accidental
word, or an object
related to them by means of Association.

we are sometimes conscious of hav-
-ing Dreamed, & feel pain or pleasure
in that Consciousness without being able to
recollect our Dreams. This was the
case with Nebuchadnezzar after the Dream
that disquieted him which Daniel discov-
-ered & afterwards interpreted. Sir Thomas

Dreams may be resumed when we wish
it, by retaining the same position of our
bodies, and particularly of our heads in
bed in which the Dreams occurred.

The Oblivion of our Dreams may
be prevented when we wish it, by keeping
our eyes shut for some time after
we awake. They are oftenest remem=
=bred when we wake gradually.

But there are not only morbid or
irregular thoughts called Dreams in Sleep,
but ~~caution~~ morbid actions from a
preternatural excitement in certain
parts of the brain determining an in=
=flux of nervous power into the mus=
=cles of ~~in~~voluntary motion. ~~Hallucinations~~
I said formerly that Imagination

Brown was in his Religio medici where
dreams ~~when~~ worse Often of a distant nature, or
employed in Devotions or in Compositions ~~in which~~ of
an elevated Nature regrets very much that
that he could not recollect them in the
~~morning after he awoke from~~

differed from memory in recalling
Sensations as well as ideas. In sleep
Dreams the strength of the imagination
goes much further — it recalls
not only sensations, but motions
which are infused into the muscles,
and discover themselves =